

UNISON CYMRU WALES

COST OF LIVING SURVIVAL BRANCH MEET UP

YOU WILL NEED:

- a room for the day with Wifi where people can gather
- a laptop that can connect to the internet
- a big screen or projector to connect to the laptop
- some speakers if needed
- Flyers (we have some for you)
- Facebook posts (we have graphics)
- at least one live group activity
- food & refreshments
- flipchart and pens
- branch freebies
- relevant campaign leaflets
- information on future meetings and training

cymru-wales.unison.co.uk/CoLsurvival

WATCH OUR RECORDED PROGRAMME

First up, watch the talks as a group on the big screen, with chats in between.

We recommend you start with Dr Victoria Winckler from the Bevan Foundation

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|----------------|---|
| 30 mins | "Cost of Living & the Public Services" Bevan Foundation |
| 45 mins | "Safe & Fair Borrowing & Saving" Cambrian & Cardiff Credit Unions |
| 60 mins | "Navigating the Financial Squeeze" Lighthouse Financial Advice |
| 45 mins | "Financial Support from your Union" UNISON Cymru Wales |
| 45 mins | Warm Homes Scheme" NEST Cymru |
| 45 mins | "Understanding Pensions" Money & Pensions Service |
| 45 mins | "Benefits & AdviceLink Cymru" Citizens Advice Cymru |

RUN SOME LIVE WORKSHOPS

Then after some refreshments, organise something specific to your branch, workplace or local area. UNISON's Learning & Education Teams can help you with this. Here are some ideas:

- Basic digital skills
- Accessing & Understand your payslip
- Credit-crunch cookery
- Understanding Stress
- Organising a campaign
- Get involved in our local community action
- A talk from a local charity or expert
- Welfare Rights
- Employer HR systems

“ To train and educate the rising generation will at all times be the first object of society. ”

Robert Owen